

How to Win the Battle

Whether you realize it, what you think about yourself affects your life in one of two ways: It either builds your self-esteem or tears it down. Maybe you've gained a few pounds and don't like the way you look. Or you fault yourself for getting laid off, even though the economy is to blame. No matter the reason, you think negatively about yourself. But demeaning your personhood isn't the answer. To discover what the Word says about negative thinking and self-talk, watch video below.

{youtube}k2M2NnHC7NQ{/youtube}